THE WILDEST LOOKS AT THE MTV VMAs

THESE CELEBS WENT A LITTLE TOO FAR. PAGE 17

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Kitchen magicians

Organic. Two 11-year-old sisters from New Jersey are already making their names as organic food mavens. Emily and Lyla Allen, the "Kitchen Twins," have their own products and an upcoming TV show. PAGE 02

Emily and Lyla Allen, 11, of Lawrenceville, New Jersey, are known as the "Kitchen Twins" — bloggers, chefs and food entrepreneurs. / PROVIDED

Killer of Vineland mom gets 20 years

PAGE 08

Lake Bell knows how to do action now too

PAGE 20

Who makes the squad on defense for Eagles?

PAGES 26-27

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Meet the twins changing how we look at our food

Healthy eats. These 5th-grade twins are rising organic food stars with their own products and an upcoming TV show.

What were you doing when you were 11 years old?

Playing baseball or the first Grand Theft Auto? Watching Hannah Montana and iCarly?

If it's 11-year-old New Jersey twin entrepreneurs Emily and Lyla Allen we're talking about, you're testing fresh, organic recipes over a hot stove, writing and promoting your Kitchen Twins blog, selling a new line of snacks available in the largest grocery chains and ramping up to do a cooking show on TV.

"We get a chance to hang and play with our friends during the day," Emily Allen said.

"But," her twin sister Lyla added, "afterwards, we have to get our work done for our blog, present new recipes, answer questions, engage people, and get people interested in healthy foods."

Their Kitchen Twins' Make Your Own Kale Chips nibbles are currently sold in 500 stores across America with a deal on the horizon with Whole Foods. "That's pretty exciting," said the twins, laughing at the same time.

The apple hasn't fallen far from the tree, as the Lawrenceville, New Jersey, twins' parents are Brian and Cricket Allen, founders of The Perfect Snaque, a healthy food company.

Cricket said she never pushed her daughters toward food they didn't like.

"It's all my girls' doing," Cricket said. "I found just by casual observance that my girls were eating healthy and interested in cooking at a very early age" — around 4 years old.

A further fascination with cookbooks and food-oriented television led the twins to start blogging nearly three years ago about their recipes and their personal experiences with good and healthful food.

"We don't push it on to anyone," Lyla said. "When we talk about good food or when our friends see us eating, they just always want a taste."

Soon they began blogging about picking fresh strawberries and making their own desserts, rolling date drops or snapping pictures of healthy meals such as black beans with gluten-free vegetarian taco seasoning and homemade banana muffins, in addition to covering culinary events and award shows.

The twins will be featured in a reality show this fall, but a confidentiality agreement prohibits them from talking about it before it airs.

In the meantime, they'll have to be satisfied with watching their Make Your Own Kale chips hit shelf after shelf.

A.D. AMOROSI
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"Kitchen Twins" Lyla and Emily Allen, top, with vegan chef Chloe Coscarelli. Below, the twins meet famed chef and culinary educator Richard Grausman. / PROVIDED

Stars of the school

The Kitchen Twins became healthy snack entrepreneurs after an elementary school contest.

- In April 2014, the twins, then fourth-graders at Lawrenceville Intermediate, won the townwide Lawrence High School's Shark Tank contest.
- The Allen girls conceived of kid-sized kitchen utensils and won time with Edison Ventures, which advised them on how to market their kale chips.

Quoted

"When my girls saw people responding positively, Kitchen Twins became less of an internal diary and more about sharing experiences."

Cricket Allen, the girls' mother

Delco. Cop shot in bulletproof vest

A Park police officer was shot twice while responding to a call for help with an armed suicidal man early Sunday, including one shot to his chest that was stopped by a bulletproof vest.

Officer Marc Hanly responded around 1 a.m. to the call at Mohawk Avenue near Summit in Norwood to provide aid to the man who was identified as Darrel Burt.

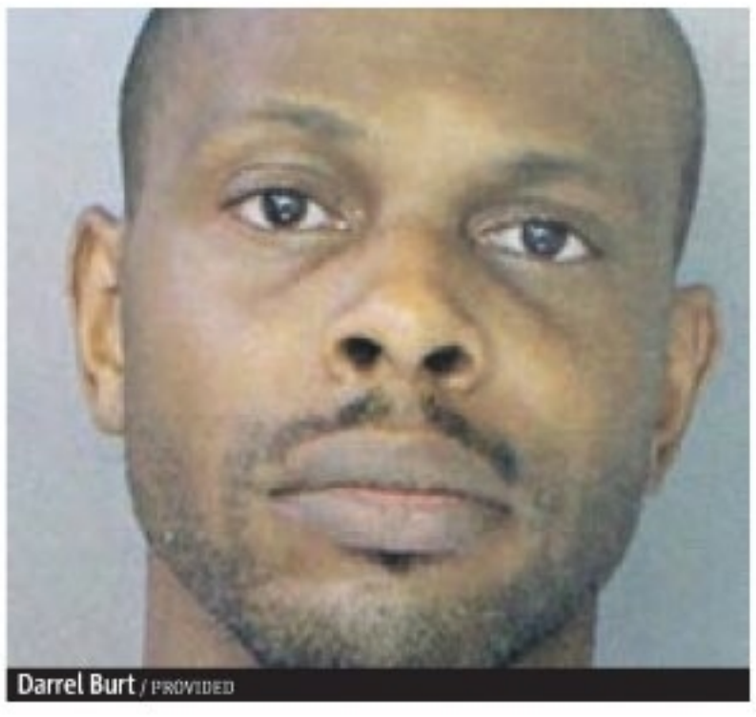
The officers talked with Burt for a while, but when they tried to enter his home, Burt shut the door and fired twice at the officers, hitting Hanly in the chest and leg, reports say.

Officers returned fire, hitting Burt in the elbow. He later surrendered to police.

After Hanly was treated for his wounds at Taylor Hospital, he was charged with attempted murder and aggravated assault. He is scheduled to be in court

"Police Officer shot in Norwood Pa," Upper Darby police superintendent Michael Chitwood tweeted on Sunday morning." Bullet Proof Vest saved his life. Currently in hospital being treated for other GSW [gunshot wound]. Scumbag in custody."

Hanly was released from the hospital Sunday afternoon. METRO



Darrel Burt / PROVIDED

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West Philly

Man tricked into opening door, shot

Police are hunting for three shooters who crept into an apartment building and used deception to get the 55-year-old victim to open his door.

Police say the gunmen, aged 17 to 20, forced a female sitting on the porch outside the building at 50th and Arch Street inside around 1 a.m., reports say.

The men were armed with handguns, and led her to an apartment, where they knocked on the door.

When the victim, who was not identified by police, asked who was there, the gunmen ordered the woman to respond. She said, "It's me."

The victim opened the door and one gunman opened fire, striking the victim four times.

The victim was struck in the stomach twice.

The woman fled and called 911.

The victim was listed in stable condition at Penn Presbyterian Medical Center.

No arrests have been reported and no motive was listed.

Anyone with any information about this crime is asked to call the police tip line at 215-686-TIPS (8477) or text a tip to PPDTIP (773847). METRO

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A podcast creation station at Tattooed Mom's / JOSH KRUGER

Discovering spontaneity and fun of podcasting

Creativity. Philly's Podcast Festival is bringing together content creators and the public who share a love for internet radio.

Unexpectedly getting pulled out of your seat to share the truth about your dreams is jarring. Yet that's what some guests found themselves doing Sunday at the Philadelphia Podcast Festival.

It turns out that rapid-fire spontaneity and fun are pretty much what podcasts are all about.

Now in its third year, the Philadelphia Podcast Festival involves live recordings of over two dozen local podcasts ranging from general interest to the hyperniche, from the literary to the sexual.

This year's festivities straddle two weekends, from Friday, Aug. 28, to Sunday, Sept. 6. Most of the recordings go on upstairs at South Street graffitied mainstay Tattooed Mom, which donates the space.

Joe Pardo hosts and produces the Dreamers Podcast, and was recording live Sunday and calling attendees to the stage to participate.

With podcasting, "You can find any niche, anything that you're interested in," Pardo told Metro, "and probably find a whole show" devoted to that interest. Pardo himself is interested in people who are doing their best to bring dreams to reality.

Part of the appeal of podcasts, Pardo said, is the "on demand" nature of podcasts in general. More than that, though, it is the idea of communicating with the outside world.

Pardo has done 200 shows so far and is developing the podcast into a full-time living.

The idea behind the podcast festival is that fans of podcasts can meet the hosts, learn a thing or two, and even, in some cases, participate from the audience.

All of the recordings at Tattooed Mom are free, so PPF organizers encourage folks to buy "lots and lots of drinks" as well as trying Tattooed Mom's famous tots.

The festival will continue next weekend, Sept. 5-6. See the full schedule at www.phillypodfest.com.

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Cyclists dare to bare it all again

Thousands bared what they dared on Saturday, Aug. 29, to participate in the annual Philly Naked Bike Ride. The ride began near 31st and Powelton at Drexel Park and went on for two-and-a-half hours, passing down Market Street and through Center City before it dissipated into afterparties around the city. Why bike nude? Among the goals of the Philly Naked Bike Ride are "to encourage everyone to embrace nudity as a normal, enjoyable way of life" and to "desexualize nudity," organizers say. And also, because it's fun. /RANDI FAIR

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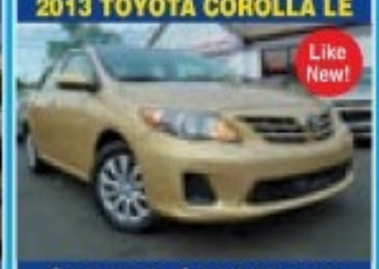

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Vineland mom's killer sentenced

Justice. Family of Britton Loyden, a soccer star's sister, finally got to face her killer in court.

At the murder sentencing for a South Jersey mom's ex-boyfriend and killer, family and friends of the victim faced down the man who killed the mother of his child.

Ismael Pierce was formally sentenced Friday to 20 years in prison on aggravated manslaughter charges for strangling his 23-year-old ex-girlfriend Britton Loyden to death in February 2012 inside her Vineland home. The two had one son together, Madden. With time served, Pierce will serve a maximum of 17 more years in prison.

"Madden has lost his mother, the woman that loved him more than her own life. He has suffered so much in his short five years," said Britton's mother, Tracy Frees, at the Cumberland County court hearing.

Several of the more than 25 family members and friends of Britton's in court for the sentencing delivered impact statements about losing Britton.

"Britton, there is no amount of time or sequence of words that will ever do you justice," said Britton's sister Jillian Loyden.

Jillian, a retired goalie who was on the U.S. women's Olympic soccer team, has started an anti-domestic violence nonprofit in her sister's honor. She recalled Britton as a "remarkable, wonderful" person who was "destined to accomplish great things" and "deserved joy, love and laughter."

Pierce apologized before he was sentenced.

"I want to apologize to Britton's family. I'm sorry for the infinite amount of pain I've caused you," Pierce said. "I think about what I have done every day and I hate myself for it."

As part of his guilty plea, Pierce admitted that he killed Britton by strangling her in a chokehold. He then left her body in the house for a full day.

During the hearing, prosecutor Harold Shapiro recounted the sequence of events when police, notified by Britton's family, entered the home on Feb. 10, 2012.

Pierce, who was inside with his son, told the officers that Britton had left and he didn't know where she was. When they asked to enter the bedroom, he agreed.

According to a police report Shapiro read, Pierce led officers into a dark bedroom, then threw a blanket onto the floor over an object in front of them, under which one detective could see a foot.

"See? She's not here," Pierce said, according to the report, then turned, pulled the blanket up, and shouted, "Oh my god, what happened to her?"

Detectives wrote that Pierce "did not show any emotion or reaction" upon finding Britton's body and his words seemed "rehearsed," Shapiro said.

Pierce was originally charged with first-degree murder, which carries a life sentence, but was allowed to enter a plea to aggravated manslaughter, which requires less time.

Clockwise from top left, sister Jillian Loyden gives a victim impact statement; Ismael Pierce apologizes before being sentenced; mother Tracy Frees; Britton Loyden. / RANDI FAIR/PROVIDED

Quoted

"You had an opportunity of having a great life. Now, you're gonna sit in jail. Your son is gonna hate you. And for what?"

Paul Umfer, Britton's uncle

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Game on in D.C.!

The Foreman Forecast

TOM FOREMAN

TOM FOREMAN IS A CNN CORRESPONDENT AND AUTHOR OF THE UPCOMING BOOK " MY YEAR OF RUNNING DANGEROUSLY."

Politics is always the biggest game in DC, but it gets super heated every time school resumes and autumn looms. The politicos come back from vacation ready to rumble. So start the timer, it's "game on!" and that's the theme of three things to watch this week.

1. FAMILY FEUD: One thing remains utterly unchanged by the Democratic National Committee's summer meeting: As far as establishment Dems are concerned, there is Hillary Clinton in the 2016 race and then there is ... well, no one else. The DNC has struck a new fundraising deal with Camp Clinton to counter an expected avalanche of money on the Republican side, but that is just fueling the fury of liberals who see it as another step toward anointing Clinton. Watch for Bernie Sanders, Lincoln Chafee, Martin "yes-I'm-still-running" O'Malley and supporters of Joe "no-I'm-not-running-yet" Biden to start making more noise about Clinton's persistent troubles in the polls .

2. SHARK TANK: On the GOP side, Donald Trump has had fun treating all his challengers like rookies, but remember he is the apprentice when it comes to big league campaigning. While he's still far ahead on points in the polls, he has had a few stumbles lately over things such as his favorite Bible verse and his assessment of support from the black community. You can bet that opposing campaign veterans have noticed, and will start pressing him harder on issues, hoping he might alienate hardcore conservatives.

3. DEAL OR NO DEAL: Oh, and while the fight for the Oval Office has been devouring all the headlines, opposition to the nuke agreement with Iran has been quietly beaten into submission up on Capitol Hill. It now looks like President Obama will walk off with the victory. Johnny, tell him what he's won.

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Five things you need to know

1 Man faces capital murder charge in killing of Houston deputy

Sheriff's deputies on Saturday arrested a 30-year-old man who will be charged with capital murder in connection with the shooting death of a deputy at a suburban Houston gas station, a killing the sheriff tied to anger against police.

Shannon Miles was picked up for questioning early on Saturday following the Friday night shooting, which was captured on surveillance video, Harris County Sheriff Ron Hickman told reporters. He noted that Miles is black and has a history of prior arrests for trespassing and resisting arrest.

Earlier on Saturday, Hickman had linked the shooting of deputy Darren Goforth, who was white, to anti-police rhetoric across the country in the wake of deaths of unarmed black men at the hands of white officers.

On announcing the charges against Miles later in the day, Hickman said the department assumed Goforth was "a target because he wore a uniform."

Hickman said a handgun had been recovered and that a ballistics test matched it to bullets recovered from the scene.

Goforth, a 10-year veteran of the force, was pumping gas into his patrol car when the gunman approached from behind and shot him in the back, then shot him several more times as he lay on the ground, sheriff's officials said. REUTERS

RON HICKMAN

2 Two dead after storm slams Washington state

A powerful windstorm toppled trees, killing two people in Washington state as work crews scrambled on Sunday to restore power to 450,000 customers, a TV report showed.

A father driving with his three-year-old daughter in Gig Harbor, just west of Tacoma, was killed on Saturday when a tree fell on his car, KOMO 4 TV reported.

Within two hours, a falling branch struck and killed a 10-year-old girl in Federal Way, just east of Tacoma, the television station reported.

Gusting winds were blamed for massive power outages affecting as many as 450,000 customers. REUTERS

3 Boeing uses its clout to control supplier consolidation

Berkshire Hathaway's $37 billion deal for aerospace supplier Precision Castparts is encouraging investors to consolidate the fragmented aircraft components industry, even as Boeing uses its clout as the world's biggest plane maker to put a check on some deals.

Berkshire chief Warren Buffett isn't alone in seeing potential for profits from rising demand for commercial aircraft. Private equity and strategic buyers have been pouring into the sector, and foreign companies such as China's AVIC and Senior PLC of the U.K. have recently been prowling for deals, bankers and company executives said. REUTERS

4 Hurricane Ignacio strengthens but forecast to just miss Hawaii

Ignacio intensified to a major Category 4 hurricane as it blew across the Pacific on a route likely to bypass Hawaii on Monday, the U.S. Central Pacific Hurricane Center said.

Packing potentially destructive winds of 140 miles per hour, the hurricane was about 450 miles east of Big Island of Hawaii moving north-northwest at 9 miles per hour, the center said.

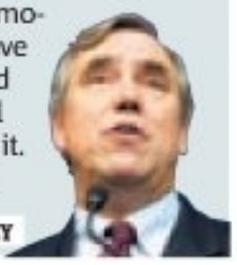
With hurricane force winds extending 30 miles from its center, waves as high as 20 feet could be expected on Monday. REUTERS

5 Iran nuke deal now backed by 31 senators

Senator Jeff Merkley, a Democrat from Oregon, said on Sunday he would support the nuclear deal with Iran.

"I believe the agreement, titled the Joint Comprehensive Plan of Action, is the best available strategy to block Iran from acquiring a nuclear weapon," Merkley wrote in a statement.

President Barack Obama is trying to muster 34 votes in the Senate to ensure lawmakers cannot kill the deal. Thirty-one senators, all Democrats and independents who vote with Democrats, have now said they will support it. REUTERS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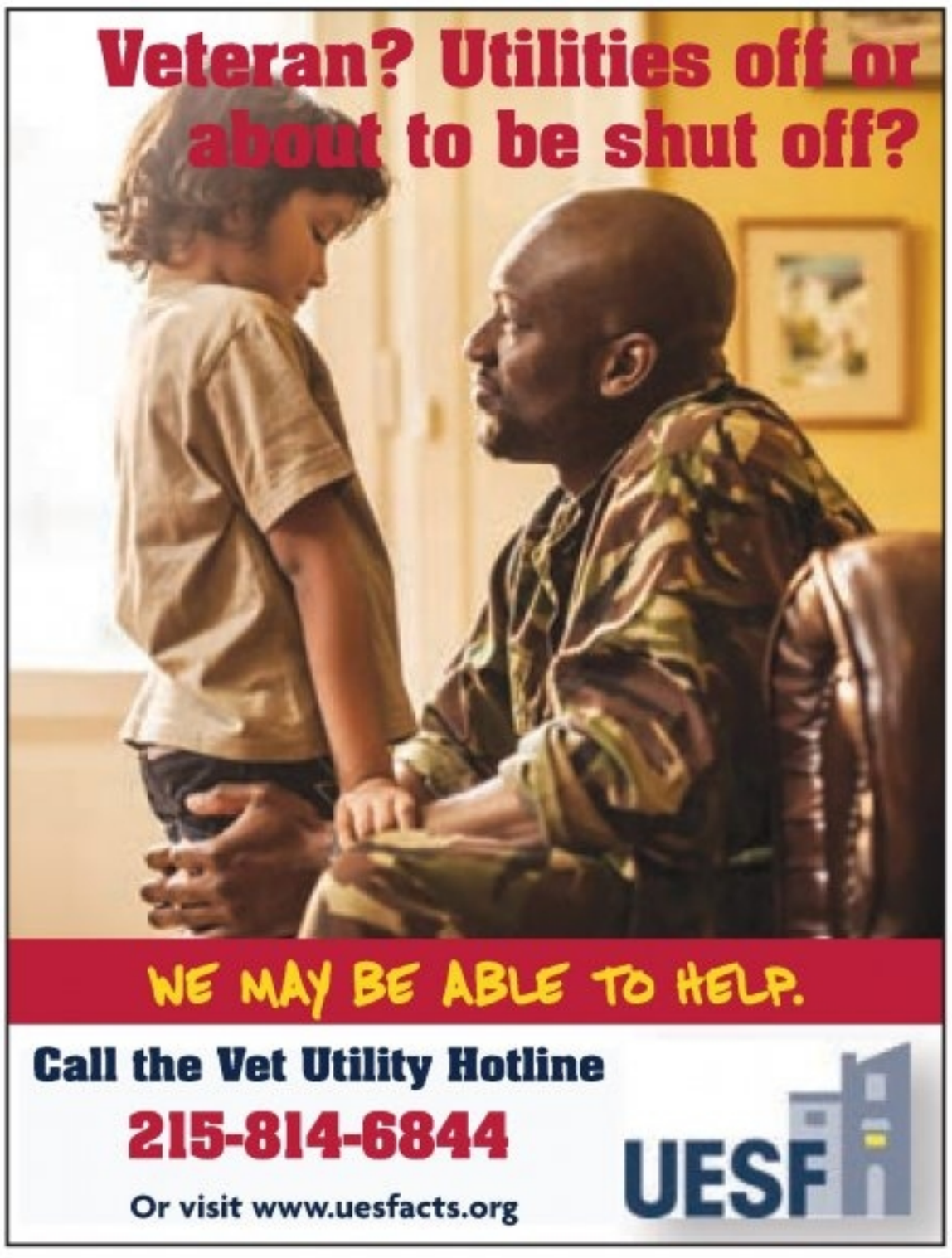
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Christie says criticism of FedEx-like immigrant tracking is 'ridiculous'

Christie. He sought to draw a distinction between his proposal and Trump's idea on how to deal with illegal immigrants.

New Jersey Governor Chris Christie pushed back on Sunday against "ridiculous" criticism of his new proposal to track foreign visitors the way FedEx tracks packages, saying government needs private sector expertise to tackle illegal immigration.

"I don't mean people are packages, so let's not be ridiculous," the Republican presidential candidate told an interviewer on Fox News Sunday who pointed out that foreigners don't have labels on their wrists.

Christie said he would ask FedEx Chief Executive Officer Fred Smith to devise the tracking system. / GETTY IMAGES

"This is once again a situation where the private sector laps us in the government with the use of technology," Christie said.

Christie said on Saturday that if elected president, he would use a FedEx-like system to make sure visitors who enter the United States legally on visas depart the country when their time is up. The governor, who is running well behind among the 17 contenders in the Republican White House race, sought to draw a distinction between his proposal and what he called Republican frontrunner Donald Trump's "simplistic" idea on how to deal with an estimated 11 million illegal immigrants in the U.S.

"I've put forward a much more detailed proposal than that," said Christie, adding that the presidential race was "not only about personality. It's also about ideas. And it's about who can get it done." REUTERS

Quoted

"We should bring in the folks from FedEx to use the technology to be able to do it. There's nothing wrong with that." Christie

GETTY IMAGES

Team honors fan who died in fall from stands

An American flag was lowered to half-staff on Sunday in memory of a fan, Greg "Ace" Murrey, who fell to his death at the game between the Atlanta Braves and the New York Yankees on Saturday night. He fell from the upper level of the stands and received emergency medical treatment for about 10 minutes at Atlanta's Turner Field and was given CPR before being taken to Grady Hospital. A witness said he lost his balance and fell about 50 feet below to the concrete. REUTERS

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Hurricane Katrina from the sky

Disaster. A decade after one of the deadliest hurricanes in U.S. history caused havoc and death, Metro investigates its legacy.

Hurricane Rainband and Intensity Change Experiment team member Deanna Hence took this photograph of Katrina from radar aircraft while collecting data. / DEANNA HENCE

It's been ten years since Hurricane Katrina made landfall in Louisiana, killing 1,200 people and forcing some 400,000 to flee their homes. A decade on from the disaster that resulted in $108 billion worth of damage, what lessons are there to be learned?

"It was a tragic event for many people who were impacted. However, it made the community face the harsh reality and [we] became aware of our vulnerability. It raised questions: how to prepare ourselves in dealing with such natural hazards and how to prevent them," Shuyi Chen, professor of meteorology and physical oceanography at University of Miami, told Metro. Chen flew aboard aircraft into Katrina to collect information that is now helping to create more accurate hurricane prediction models.

Over the past decade forecasting technology has indeed advanced. The so-called "cone of uncertainty" — graphic visualization of a storm's predicted path for forecasts — would be much smaller today for Katrina, which translates to lower per-mile evacuation costs. However, as it turns out, it's not enough to protect lives.

"We need better long-term planning in infrastructure in the coastal regions, risk assessment, effective communication and emergency management in order to meet society needs," Chen explained. "We also have to improve forecasting with a focus on impacts, such as the extreme winds, rain, flooding [and] storm surge at city block and street level."

KATRINA AT ITS PEAK STRENGTH / NASA

For the time being, the threat of hurricanes hitting the U.S. coast isn't a strong one. According to a new NASA report, the U.S. hasn't experienced a storm of that magnitude since 2005 — the longest "drought" since records began in 1850.

"This area certainly will see future hurricanes. It is the nature of its geographic location," Marshall Shepherd, president of the American Meteorological Society, told Metro. "But it is important to say that people still misread the threat from storms based on their past experiences. Each storm poses its own threats, so using an analogue way of comparing can be very dangerous."

DMITRY BELYAEV/METRO WORLD NEWS

By the numbers

$108B

is the estimated total damage caused by Hurricane Katrina, which affected the Bahamas, Cuba, Louisiana, South Florida, Mississippi, Alabama, the Florida Panhandle and most of eastern North America.

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Twitter feed

Today, Chris Rock is impressed, Bob Saget knows what he likes, Kirstie Alley apparently has limited options, Gina Rodriguez wants you to take control and Iggy Azalea is getting a jump on things.

@chrisrock:
And the academy award goes to straight outta Compton. Best movie of the year. Jason Mitchell must get nominated

@bobsaget:
The things that attract me to someone most are kindness, honesty, intelligence, respect, and compassion. Oh, and a good plastic surgeon.

@kirstiealley:
I for one WANT to own a gun to target shoot. And I WANT the right to protect myself without using a butter knife

@HereIsGina:
We wait for the day to decide what it's going to be instead of deciding for yourself. Tomorrow decide happiness. Try it, I dare you.

@IGGYAZALEA:
Im already planning my halloween costume.

Pretty sneaky, Sandy.

Sandra Bullock's got a new man

Sorry, guys. Sandra Bullock is taken. The Oscar-winning actress has been pretty quiet about her personal life since her marriage to Jesse James imploded back in 2010 and she adopted son Louis that same year. Now People magazine reports that she's been quietly dating photographer and model Bryan Randall for "several months." Several months! Several! Things are apparently going so well between the couple — who were spotted out having a romantic dinner late last week — that Bullock reportedly brought Randall along as her date to Jennifer Aniston and Justin Theroux's secret backyard wedding earlier this month.

It's Marine Ball invitation time again, apparently

Hey, remember that trend of Marines taking to social media to ask famous people — like Mila Kunis, Kim Kardashian and Justin Timberlake — to be their dates to the USMC Ball? Well, it's back. This time, U.S. Marine Corps member Jarrod Haschert is hoping his video proposal makes its way to UFC champ Ronda Rousey — when she's in a good mood, at least. Here's the thing, though: Another Marine, Guam-based Sgt. Thomas Pereda, already put out a video asking Rousey earlier this month, and I'd find it tough to believe they're the only Corps members with their eye on her. This could get awkward.

You want a piece of this?

THE WORD

Ned Ehrbar takes on the world of gossip.

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Robin Wright re-cancels engagement

It's shocking because they looked so happy. / ALL PHOTOS GETTY IMAGES

I'm starting to have trouble keeping up with this one. So: In January 2014, "House of Cards" star Robin Wright and boyfriend Ben Foster announced they were engaged, but by November of that year they'd called it off. But then in January 2015 they were back together, with their plans to tie the knot back on and everything, reuniting publicly on the Golden Globes red carpet. Well, apparently that didn't stick, as E! News reports that they've broken up and called off the wedding plans yet again. And apparently this time they've been keeping quiet about it, as the split reportedly happened a couple of months ago. Who wants to start taking bets about when they'll be back together? I'm going to go with in time for the Emmys next month.

'Star Wars' Facebook page shuts down sexism

So there's this character in the new "Star Wars" movie named Captain Phasma, and all we know about the mysterious character is that she's a high-ranking baddie in a chrome Stormtrooper uniform that comes with a kicky cape. Oh, and that she's played by "Game of Thrones" star Gwendoline Christie. But apparently some fans take issue with the character design already, as Facebook user Cody Paul commented, "Not to be sexist but it's really hard to tell that's female armor for me" on a photo of Phasma. Well, whoever's handling the Star Wars Facebook page is awesome, because they replied simply, "It's armor. On a woman. It doesn't have to look feminine." Right on.

Daily video

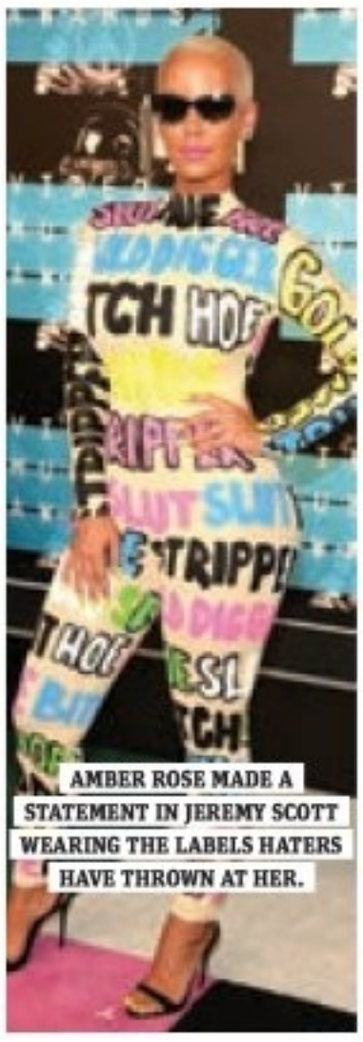
GoPro: Grizzly Bear Slap

Hey, here's a fun idea! Let's just leave a GoPro on the beach in Alaska near some grizzly bears and see what happens. So what does happen, exactly? Well, a little curiosity, some investigation and then ... a camera slap that Sean Penn would be proud of. That bear clearly does not want to be filmed, OK?

@GOPRO/YOUTUBE

The craziest dressed at the VMAs

Anything goes at the MTV Video Music Awards, where breaking the rules is the only way to live. We round up the six celebrities who took the biggest risks on the red carpet last night. Head to metro.us to see even more VMA coverage, including the best and worst dressed. **EMILY LAURENCE**



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The satirical show is premiering in this year's Fringe Festival. / ALL PHOTOS BY TAMARA RODRIGUEZ REICHBERG

Role-playing gone wrong

Onstage. A misguided elementary school lesson inspired "Underground Railroad Game," opening at Fringe Festival.

Judging by the laugh that erupts from Jenn Kidwell when he says it, Scott Sheppard's description of himself and his co-creator as "very different" is something of an understatement.

"I would say over 50 percent of our rehearsal process is a debate," Sheppard says. "We sustain a perpetual argument about pretty much everything, and that's the creative friction that gives birth to a piece. Part of the excitement of it is that it doesn't ever feel like either one of us alone could have ever created this — it's our butting heads together that created it."

Co-artistic directors of the devised theater company Lightning Rod Special, Kidwell and Sheppard are premiering their new piece, "Underground Railroad Game," in this year's Fringe Festival. The piece was inspired by a misguided attempt at a teachable moment from Sheppard's childhood in Civil War-obsessed Hanover, Pennsylvania. His fifth-grade class was divided into Union and Confederate soldiers and engaged in a staggeringly wrongheaded contest involving the famed slave escape route.

"It was like a live-action role-playing slave game," Sheppard recalls. "It was an amazing moment of earnest pedagogy gone wrong, where the lesson that the actual teachers may have had in their hearts was different than what they ended up doing."

Sheppard invited Kidwell, then a fellow student in the inaugural class of Pig Iron's School for Advanced Performance Training, to join him in creating a piece based on that memory. Drawing inspiration from movies, music, visual art, overheard conversations and other elements, the pair elaborated the original game into a satirical performance piece skewering race relations in America and our discomfort in even broaching the subject.

Kidwell says that while a topic like race "might make you want to shake your head, sigh and maybe cry, Scott and I share the impulse to laugh. This is an attempt to look at things with clarity, integrity and honesty, and I think if you do that, the humor comes out naturally."

Utopia

Butting heads

The show wasn't easy to write, given the creators' argumentative partnership.

"There's something about the creation of this piece that is exemplary of what the piece is about," Sheppard says. "The very compromises that we've had to strike through the making of the piece are not a model for some utopia where people who are different live together in harmony.

"It's people fighting it out and trying to be thoughtful and generous as they're being critical and ruthless."

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The breakthrough: Lola Kirke

Lola Kirke, right, plays a college freshman who befriends a 30-something New Yorker (Greta Gerwig, left) in "Mistress America," out now and written by Gerwig and director Noah Baumbach. / FOX SEARCHLIGHT

Introductions. The star of "Mistress America" wouldn't dare change Noah Baumbach and Greta Gerwig's dialogue.

Her first movie as lead: "I was very inexperienced. [Baumbach] had to lay down the law with me a couple of times. I'm very grateful for that. I will never do certain things on set again — like text. If I'm in my trailer — and there were no trailers on this — I'd do it. You don't show up late. There were some moments of deep fear."

The mistaken belief some have about how Baumbach and Gerwig's films are made: "Everyone thinks there's improv, or they ask questions about how much of the movie was improvised. None. The dialogue is very precise. That's a real pleasure as an actor, especially coming from a stage background. I'm used to learning words. And now that training has slipped away from me. I'll be on set, and the line will be, 'The chair is orange,' and I'll be like, 'Uhhh … the couch was a zebra.' Directors want you to make [the lines] your own all the time. And Noah and Greta don't. That's because they work very hard. My job as an actor is to help them tell their story, and make it my own, but in a different way."

And if you try to change their dialogue: "They wouldn't let you."

Don't play comedies like they're comedies: "I don't like going into something and thinking it's a comedy. I remember going into an audition for some big movie, and they were like, 'Great! Now can you do that a little more mainstream? That was a little indie.' I don't want to tailor my performance to genre. That's not how life goes."

The way "Mistress America" explores how using people for fiction can upset them: "I'm like, 'Let her write her f—ing story, she's 18.' But it's so complicated. Greta said yesterday, in one of her moments of brilliance, that writing is not a victimless activity. That's incredibly true. But I think it's case by case. Everyone's entitled to their own experiences of life, but this film is about learning that you can hurt people."

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Bonus

If she's a musician, like her father:

"I'm not a huge musician. I'm a small musician. It's a great love of mine. I love playing guitar, and I love singing. I do it often. Right now, it's for me and my friends and whoever will listen to me and not talk over me. It depends how drunk everyone is."

Stats

Lola Kirke

GETTY IMAGES

Where you know her: She was one of the leads of the Amazon ensemble show "Mozart in the Jungle," in which she played a young oboist who finds herself involved in a major New York orchestra. She also played the desperate woman Rosamund Pike's Amy meets while holed up in a middle-of-nowhere motel in "Gone Girl." Her father is Simon Kirke, former drummer of Free and Bad Company, and one of her sisters is "Girl"'s Jemima Kirke.

Where she is now: Playing co-lead in Noah Baumbach's "Mistress America" as an impressionable freshman English major who falls under the sway of a 30-something New Yorker (Greta Gerwig, who also cowrote with Baumbach). Things take a turn when Kirke's character writes a short story inspired by her new pal.

Where she's going: She'll be in "Mena," alongside Tom Cruise and directed by "Edge of Tomorrow"'s Doug Liman, plus "Fallen," directed by "Shine"'s Scott Hicks.

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Lake Bell: Action star

Interview. The "No Escape" star wants to do her thing and not be pigeonholed.

Lake Bell, with Owen Wilson, tries to survive a coup in an unnamed Asian country in "No Escape."
THE WEINSTEIN COMPANY

Right now Lake Bell is known as a comedic actress. She is and she isn't. She's done plenty of drama, and not just before she broke through into the mainstream with the voiceover comedy "In a World…", which she wrote, directed and starred in. And she's done plenty of it since. She even stars in the new thriller "No Escape," in which she and Owen Wilson play parents who arrive in an Asian country (they filmed in Thailand) right as a violent coup turns the city into a bloodbath, forcing two funny actors to become action stars.

This was one of your first big roles after "In a World..." It's strange that someone saw that and thought, "Put her in a serious action movie!"
I know, I know! [Laughs] That's why it's so badass, because they were like, "We're doing things our own way." I'm super-thankful they had the vision to say, "You know what, this person — because she's unexpected in this action picture — becomes an interesting choice, as opposed to what we've seen before." Sometimes you have to be bold in your casting.

You did the indie "Black Rock," which is partly an action film too. How is it changing gears into action? Did you do your own stunts, like jumping across buildings?
Yeah, we totally did that stuff. Obviously we had doubles if necessary, but they wanted to show us doing everything. Part of what I think is unique about this movie is they're real people. The way we attack these stunts and how we navigate each event is not clean. It's very messy. It's very realistic. We're not all of a sudden superheroes, where we know how to jump. We don't know kung fu out of nowhere. It's almost an emotional action picture, where you're invested in these people and their lives. They're not perfect. They have interpersonal problems. Annie and Jack have some things in their marriage they're figuring out. It's all very real.

It's interesting to have a very serious, harrowing movie starring two people mostly, though not exclusively, known for comedy. Did that make it easier, that you're both funny people?
Well, there weren't a lot of laughs. We didn't joke around at all on the movie, which is funny because you'd think if I did a movie with Owen Wilson, it would be a laugh riot. But I feel like I know him in a serious way. [Laughs] We've cried together and yelled at each other, but we didn't joke around a lot. All of a sudden we're on this junket, and it's like, "Oh, you're kind of funny!" [Laughs]

GETTY IMAGES

You've done plenty of drama in the past. Do you feel you have to fight for these roles?
You know, I feel lucky that I don't feel too pigeonholed. I do jump around a bit, whether it's "Black Rock" or "Wet Hot American Summer" or a British romantic comedy ["Man Up"] or directing my own picture. I'm getting away with that. And now I'm a mom. I'm into lots of hats.

MATT PRIGGE
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One more thing

Where does the time go?

How do you find the time to do that stuff? Do you write at night?
I used to have a different system. Now that I have a baby, it's different. The terms always change. I'm still figuring it out. I can't write from home because I'm way too obsessed with hanging out with my kid. I have to leave the premises in order to plug into a different brain. Writing for me is like taking care of myself. It's indulging in myself and allowing myself to create character and luxuriate in the fun of writing. I feel badly working sometimes — "Oh, I should be parenting right now." [Laughs] But then I realize that to be a good parent, I have to take care of myself and accept that I need help. That's all part of growing up and figuring out how to juggle it all. So it's a work in progress!

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Grilled Romaine and Skirt Steak Salad with Lemon-Parmesan Dressing

Recipe

These fab five ingredients transform into one of the fastest, most satisfying steak salads you've ever had. You'll want to keep an eye on the romaine while it's on the grill: You're looking for lightly charred on the outside but still crunchy on the inside. We guarantee this will make it into your regular rotation. Cook, relax, and enjoy!

Cooking time: 25 minutes
Attributes: meat

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Calories: 440 kcal/person
Allergens: milk

What we send:
- 12 ounces skirt steak
- 1 romaine heart (8-10 ounces)
- 1 lemon (4-5 ounces)
- 1 ounce Parmesan
- fresh thyme sprigs (0.05 ounces)

What you need:
- olive oil
- coarse salt
- freshly ground black pepper

Equipment:
- grill, grill pan or heavy skillet
- zester
- vegetable peeler

Directions:

1 Season steak. Preheat grill, grill pan or skillet over medium-high heat. Season steak with salt and pepper.

2 Season romaine. Halve romaine heart lengthwise through the core. Drizzle cut side of romaine with olive oil and season with salt and pepper.

3 Grill steak and romaine. Grill steak, turning once, until lightly charred on both sides, 3-4 minutes per side for medium-rare. Transfer to a board to rest. Grill romaine, turning once, until lightly charred on both sides, about 2 minutes per side. Transfer to board.

4 Make dressing. Zest lemon into a small bowl. Halve lemon and squeeze juice into bowl. Using a vegetable peeler, shave about a third of Parmesan into strips and set aside. Finely grate remaining Parmesan into the bowl with lemon juice. Remove thyme leaves from stems, finely chop (1 teaspoon) and whisk into bowl with 2 tablespoons olive oil. Season with salt and pepper.

5 Slice steak and romaine. Slice steak across the grain and cut romaine into large pieces on the bias.

6 Serve. Divide half of dressing between 2 plates. Top with romaine and steak, then season with salt and pepper. Top with shaved Parmesan. Serve with remaining dressing on the side. Enjoy!

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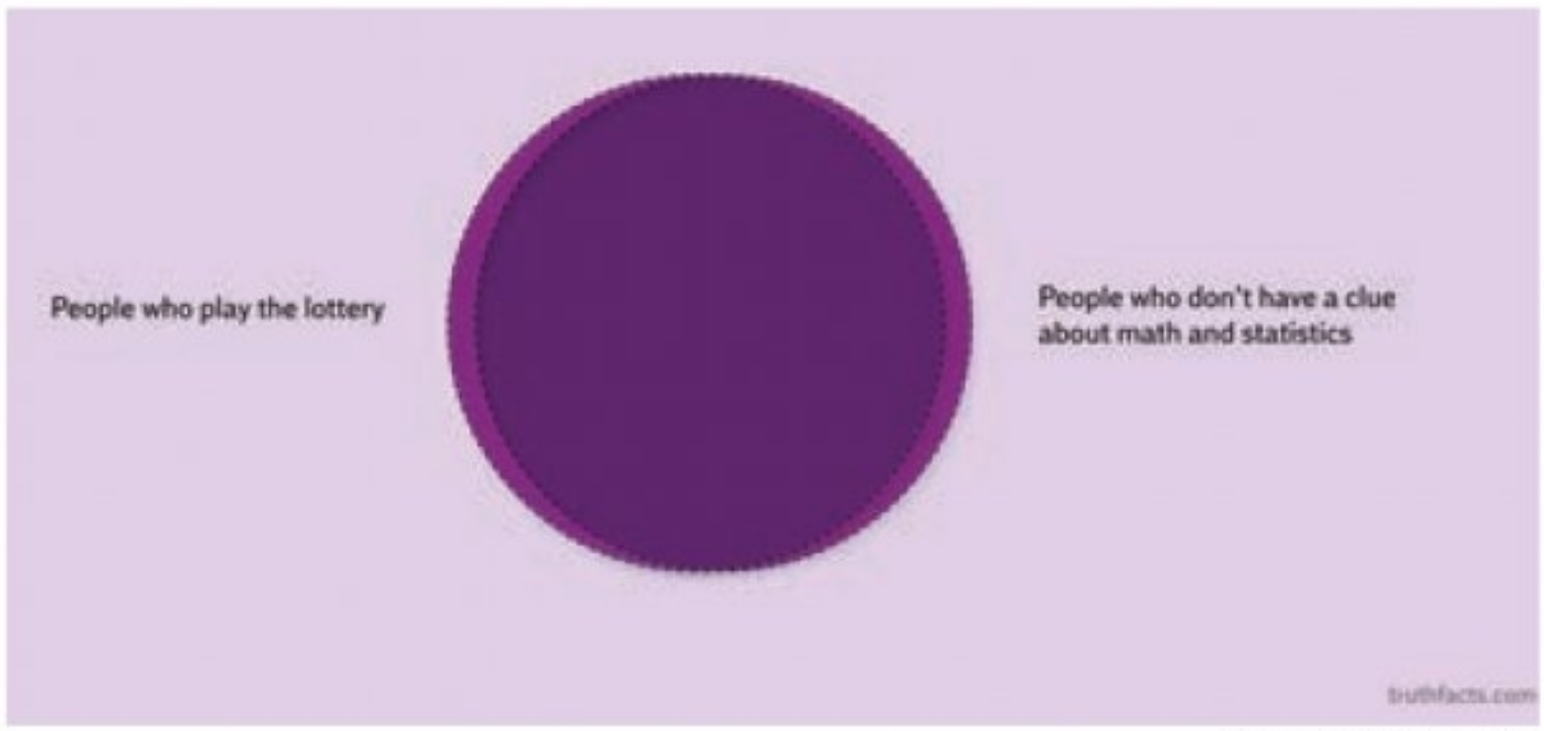

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Across
1 Truck mfr.
4 Zen master's poem
9 Tarzan's kid
12 Jetty
13 Burns' partner
14 Colo. acad.
16 Lamb's alias
17 Make purchases
18 Luigi's dollar, once
19 Popular fundraiser (2 wds.)
21 Flood
23 Delicate hue
25 Soup or salad
26 Boss, slangily
29 Athabasca and Titicaca
31 Ivan of tennis
32 Past the deadline
33 Seed cover
37 California fort
38 Soap opera unit
41 Bradbury of sci-fi
42 He loved Lucy
44 Carpenter's tool
45 "The Kiss" sculptor
47 Odd job
49 Planet with rings
50 Relax (2 wds.)
53 Spring melt
55 Leaves hastily
57 Like the Cyclops (hyph.)
61 Hot rum drink
62 Wooden horse saga
64 Tilt
65 Patrick's domain
66 — Jean Baker
67 Igneous rock, once
68 Naval off.
69 Aquatic birds
70 Source of iron

Down
1 Large lizard
2 Golda of politics
3 Inched along
4 Pester
5 — Centauri
6 Ait, on the Seine
7 Superman alias
8 Put to sea
9 Cattail
10 Basket willow
11 Adventure tales
12 Delt neighbor
15 Kismet
20 Grocery section
22 Fish eggs
24 Social ranks
26 Clump of dirt
27 Dog-owner's shout
28 Tackles' neighbors
30 Surmounting
32 "Pants on fire" guy
34 Karachi language
35 Bear's pad
36 Cartoonist — Johnston
39 Bracing
40 Blank a tape
43 Glacial outbreaks (2 wds.)
46 Desdemona's love
48 Croon
49 Fountain favorite
50 Sharpen
51 Cliffside abode
52 Look down on
54 Fertile soils
56 Gin-fizz flavor
58 Wine label info
59 Gutter locale
60 Spiral molecule
63 High dudgeon

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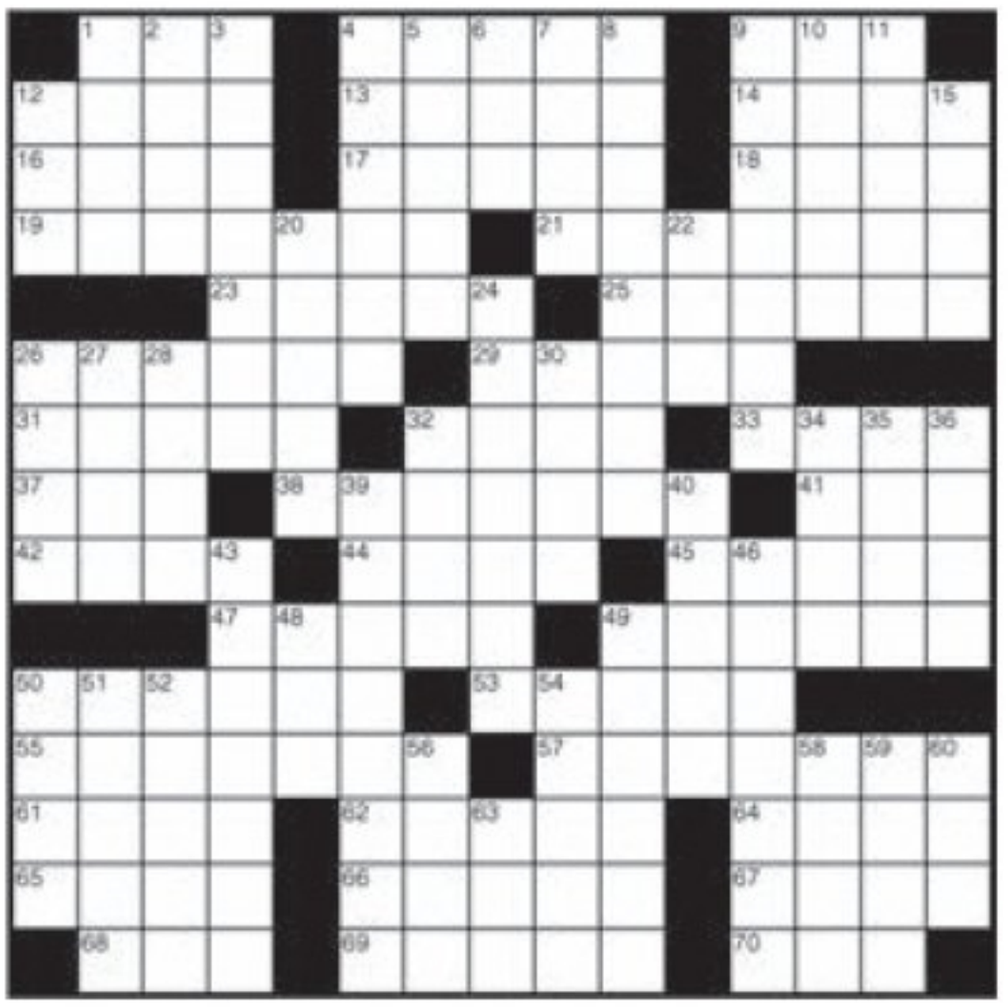

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Aries Don't get frustrated about transportation or environmental issues that you cannot control. Relaxing activities will assuage your stress.

Taurus You need to change your situation at home. Strive for a comfortable and efficient setting. Host an event or invite someone over.

Gemini Strive to be more accepting. If you overreact, or get rattled over inconsequential matters, you are not likely to receive an invitation.

Cancer Catch up with people you haven't heard from in a while. Don't be nervous regarding the changes heading your way.

Leo A holiday or excursion will introduce you to influential people. Be wary of anyone who pressures you to invest in a business.

Virgo Uncertainty will be a factor today. Deal with what's important to you and get responsibilities out of the way. Then find satisfaction.

Libra Refuse to let others take advantage of you or boss you around. Pointless arguments concerning differences of opinion should be avoided.

Scorpio Invest in your abilities and talents before anything or anyone else. Time spent traveling, learning or teaching will pay off.

Sagittarius Try to look for the positive in every situation. Suspicion, jealousy or a stubborn grudge will give you a sour outlook.

Capricorn If your routine has become stale or unfulfilling, shake things up. Get out with friends, try a new experience or walk to an unfamiliar place.

Aquarius Get off the couch and enjoy motivational outdoor activities or challenges. The fresh air will invigorate you and brighten your day.

Pisces It's never too late to make a change. Don't be afraid to explore new career or lifestyle options. Consider making improvements. EUGENIA LAST

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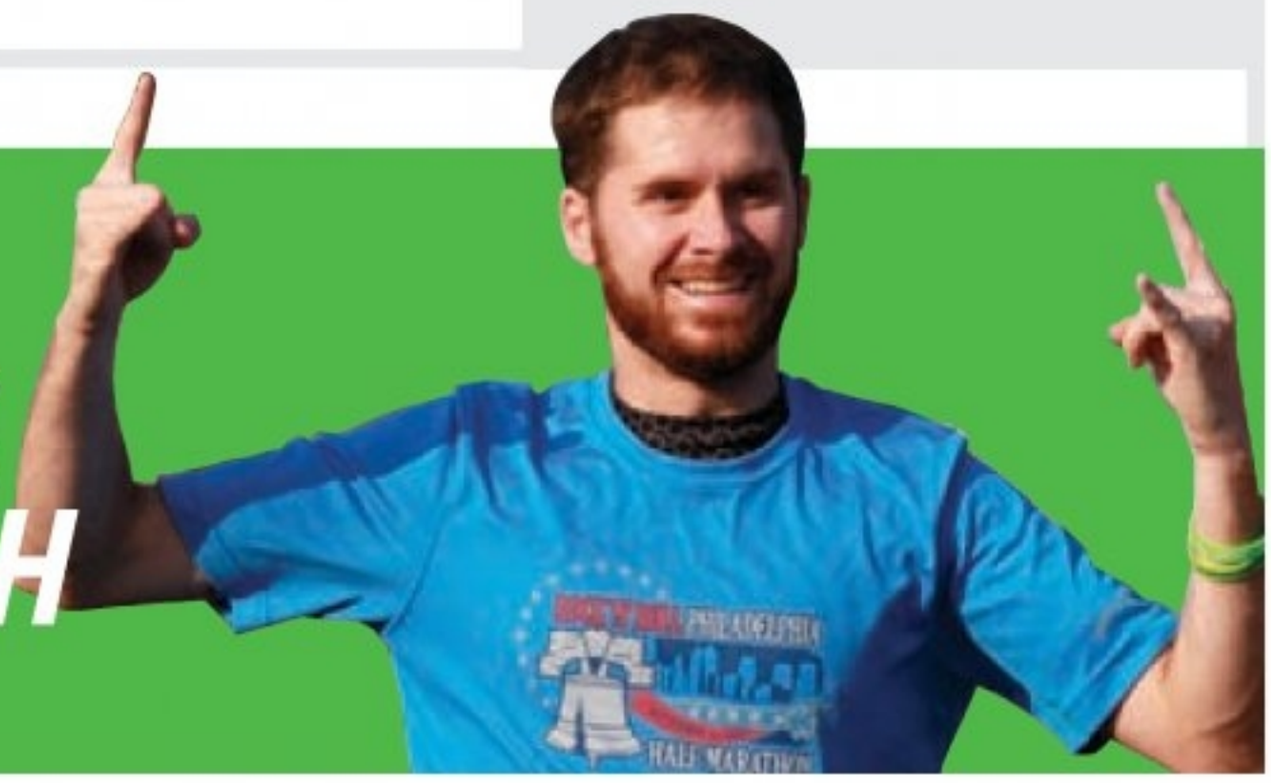

HOW TO GET AHEAD

How to become a YouTube sensation

Beauty vlogger Dulce Candy shares how she turned her love of makeup into a full-blown business.

ASIA EWART
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Beauty vlogger Dulce Candy Tejeda Ruiz is riding high off of the release of her memoir/self-help book "The Sweet Life," and she owes it all to her YouTube channel.

As an insecure teenager who was bullied and, for a time, sought solace in painkillers, Ruiz always found joy in experimenting with makeup and different styles. She enlisted in the U.S. Army soon after high school, and her interest in makeup, now blossoming into a full-blown passion, stayed with her even while stationed in Iraq.

She launched her wildly popular Dulce Candy beauty channel in 2008 soon after returning, and life has been sweet ever since. Ruiz has been featured in magazines like Style-Watch and Glamour, was recently a guest on the "Today" show and was named one of Latina Magazine's "Latinas of the Year" in 2013.

Of course, she's hit some bumps in the road; her first smoky eye tutorial got so many negative comments that she took it down. But after learning that subscribers responded positively to her genuine self, Ruiz always put the idea of "being yourself" at the forefront.

"When I realized that what I was saying was touching people's lives, that's when I discovered, 'This is who I am!'" she says. "I was relatable because of who I was."

So how can a YouTube hopeful find success and live the sweet life like Ruiz? She spoke more with us about ways to gain attention on YouTube and become the next big thing.

Be consistent

"Once you discover [your niche], you have to be really consistent with your work," she advises. "You can't upload one video and come back a month later to upload another one. There's so many channels on YouTube that people are going to move on to the next thing." With the constant threat of something better around the corner, it's important to quickly grab an audience's attention.

Stay true to yourself...

"I have to mention this twice: Stay true to who you are, your voice and what you have to offer." Ruiz explains that it's easy to lose yourself in trying to be like other people. YouTube is a place to connect with relatable people, and it was only after she began acting like herself that viewers took notice.

...But also be careful of what you post

"You have to be very careful with what image you're portraying on your social media outlet," she explains. What you post is a reflection of what you represent. She continues, "It's fine to take shots in the middle of the night, but if you want to have a lasting effect, be more mindful of what you post. A company might not want to work with you because of that."

Find out what you can offer

The most important thing you can start off with is finding out what you can offer to people that's going to be of value. What works for one YouTuber, whether beauty, comedy or something else, may not work for you. "You have to ask yourself, 'What is it that I love doing?' Figure out a way to turn that into value for other people, because people have to benefit from whatever you're creating."

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The real reason why more women are studying science

When unemployment is high, more women turn to the lucrative STEM fields. ISTOCK

Suffering through a recession drives female students to STEM careers.

Encouraging more women to pursue careers in science, technology, education and math — the so-called STEM fields — is a worthy goal, given the potential payoff for our economy and for women who get jobs in these higher-paying fields.

One surprising way to make it happen: suffer through a recession.

New research has found that increased unemployment leads both genders to move toward fields associated with better earnings and job prospects, and that women are more likely to shift their majors in that direction than men.

The switch to more math-intensive majors contradicts the stereotype that women are less capable of success in STEM fields, according to a paper published by the Institute for the Study of Labor, a German research center.

No one knows why women seem to be more sensitive to economic conditions than men, although previous research has shown women's decisions to work and invest in higher education are more closely associated with economic conditions than are men's labor market decisions.

The study used the American Community Survey, an ongoing Census Bureau study, to examine what fields people have chosen over the past 50 years. The sampled population represents about 5 percent of all college graduates over that period.

Among women, business fields upticked the most when unemployment rose. Other large increases in the share of women occurred in nursing, accounting, technical health fields, computer-related fields, engineering and economics.

Fields that lost the largest share of women included education, literature and languages, sociology, psychology and other liberal arts studies. REUTERS

All about the Benjamins

The study was not trying to show that business and STEM majors are "better" than liberal arts ones. Nor was it gauging which fields make people happier or which careers are best for society.

But it did find that increased income from switching to better-paying majors helped offset some of the lifetime loss of income that happens when people graduate in a recession. The offset made recessions "10 percent less painful" for graduates.

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3 SPORTS

First cut is deepest

Eagles down to 78 men

The Eagles started to whittle their roster down Sunday, announcing the release of 12 players. Included were Josh Reese (WR), GJ Kinne (WR) and Jared Wheeler (OL). The Eagles must be down to 75 men by Tuesday and 53 by the following week.

Eagles defense: Who will

NFL. We take an early guess at who will still be with the Eagles when training camp breaks.

Through two preseason games the defense has impressed. Things may have gone a little differently if they had to face Andrew Luck for more than a drive and a half, or if they went up against Aaron Rodgers at all, but they've still impressed.

The changes in coaching are evident in the secondary, where players now look for the ball, and the run defense has been simply out of this world, which, while perhaps expected against the Colts, is impressive against the Ravens. The "D" was also solid against the Packers in Saturday's recent win.

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Logan has strength and size at nose tackle. / ALL PHOTOS GETTY IMAGES

Defensive line leads way again

Fletcher Cox, Bennie Logan, Cedric Thornton, Brandon Bair, Beau Allen, Brian Mihalik, Taylor Hart

Through three preseason games the defensive line is far and away the Eagles' best unit. And it doesn't matter what unit is in the game — first, second or third string. That makes it tough to say who's on and off the roster when everyone is making a case.

Cox, Logan and Thornton are obviously on. Bair is playing great and is vital to special teams. Allen solidified his spot as a rookie last year. It comes down to this year's seventh-round pick Mihalik and last year's fifth-rounder Hart.

Both have looked fine in preseason, with Mihalik probably much better than expected for such a late-round project pick. Hart couldn't get on the field as a rookie in 2014. Hart's the last man off.

Outside linebackers bring pass rush

Connor Barwin, Brandon Graham, Vinny Curry, Marcus Smith, Bryan Braman

Vinny Curry counts here because of the logjam at defensive line and the lack of depth at outside linebacker. Not to mention he did a pretty fair job manning the position against the Ravens and Packers. Obviously, he's not a player the Eagles will want to rely on dropping into coverage, but he gives them a body at a position where they're in desperate need of one.

Smith's injury hurts, but it certainly seems like he's progressed to a point worthy of making the team, especially when you consider the lack of alternatives available.

Braman, always exceptional on special teams, has looked like a stud against the bottom of preseason opponents' depth charts.

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make the 53-man roster?

Eagles stacked at inside linebacker

Kiko Alonso, DeMeco Ryans, Mychal Kendricks, Jordan Hicks, Brad Jones

Kendricks' extension is something to feel good about. One day, Alonso, Ryans and Kendricks will play in a game, and that will be something to feel good about as well. Two of the three, Kendricks and Ryans, saw significant time against the Packers. Hicks isn't missing the roster after being taken in the third round, and Brad Jones gives the Eagles a player who can play inside or outside at linebacker.

The Eagles, when healthy, have three of the best inside-backers in all of football.

Will Eagles really keep five at safety?

Malcolm Jenkins, Walter Thurmond, Chris Maragos, Ed Reynolds, Chris Prosinski

Five safeties is a lot, but this is another case of rewarding the talent. Reynolds is having a great preseason. Maragos and Prosinski are special teams aces (an area of strength for the Eagles once again)and haven't looked too bad at regular duty themselves.

Not to mention, when Walter Thurmond hasn't played a full season since 2008, it's not the most ludicrous thing to carry an extra man.

Cornerback overhaul leaves Birds stronger than 2014

Byron Maxwell, Nolan Carroll, Eric Rowe, Jaylen Watkins, E.J. Biggers

Maxwell and Carroll seem set on the outside, but the nickel job is still up for grabs after Brandon Boykin's trade and Jacorey Shepherd's injury.

Byron Maxwell

Biggers has had a surprisingly good preseason after mediocre stints with Washington and Tampa Bay. His success likely comes at the expense of Denzel Rice and Randall Evans.

Watkins has had a moment or two of shying away from the run, but he has looked solid in coverage and is apparently an option at safety.

Roster note

Eagles likely to keep one less tight end

Eric Tomlinson is sadly off (he was added to Metro's offensive list last week), pending how ready Zach Ertz is by week one. Tomlinson's continued to look fine, but the defense has a lot of players impressing, and the spot is needed for a position group a little more heavily rotated than tight end.

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Phillies unproven talent has a lot to play for in September

MLB. The Phillies have a bevy of players true fans should keep an eye on during the last month of the season.

Alec Asher, acquired in the Cole Hamels trade, tossed 5.2 innings of four-run baseball in his Phillies (and Major League) debut. / GETTY IMAGES

It wasn't that long ago that Citizens Bank Park was the place to be in September. It was the prelude to "Red October," five consecutive seasons when the Phillies played meaningful fall baseball.

There will be some meaning to the baseball the Phillies play this September but not the traditional type. The Phillies, who will enter the last month of the season with at best the second-worst record in the majors, will audition a number of young players, who may or may not be a vital part of the next core of Phillies.

As far as starting pitching goes, it's already a treat watching Aaron Nola, 22, who has lived up the hype as the No. 7 overall pick in the 2014 draft.

"He really knows how to pitch," a NL scout said. "He looks like he's going to be a good one for a long time."

And then there are the rest of the Phillies young starters. Adam Morgan, 25, has dialed it in. He has thrown 24 2/3 consecutive innings without giving up a walk.

"He has composure out there," coach Pete Mackanin said. "It's about not giving up the walks. He's impressed."

Jerad Eickhoff, 25, the first of the five Rangers prospects the Phillies acquired in the Cole Hamels deal, has opened eyes. Eickhoff dominated the Marlins in Florida and set down 16 straight Mets in his Citizens Bank Park debut last week.

"I'm just trying to get outs," Eickhoff said. "I'm trying to execute pitches."

Alec Asher, 23, another of the prospects the Phillies picked up from Texas, made his major league debut Sunday afternoon when he started against the Padres.

"You can never have enough young arms," an NL scout said. "The Phillies have done a good job stockpiling arms in those trades. If one or two of those kids become part of their rotation, they did their job."

It's not just the starting pitchers who will be auditioning. Will Cesar Hernandez, 25, who has hit .221 since the All-Star break, bounce back? Is Freddy Galvis, 25, an everyday shortstop?

The Phillies finally have some intriguing young big bats in the outfield. Aaron Altherr, 24, has displayed impressive gap power and Darnell Sweeney, 24, has considerable pop. His initial major league homer in Miami was a 445-foot blast.

Altherr and Sweeney should get the majority of reps over the disappointing Domonic Brown and Cody Asche.

"I would love to get a chance here," Sweeney said. "I'm so happy I was traded here [from the Dodgers, who have a ridiculous surplus of outfielders]. Hopefully I'll get some playing time for the rest of the season and show what I can do. I'm very excited to have an opportunity with the Phillies."

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Changing rotation

The Phillies have nearly completely overhauled their starting rotation since the season kicked off back in April.

- On opening day, the Phillies' starting five were Cole Hamels, Jerome Williams, Aaron Harang, David Buchanan and Chad Billingsley.
- With Harang still pitching, the rest of the starting arms are all young prospects: Aaron Nola, Alec Asher, Jerad Eickhoff and Adam Morgan.

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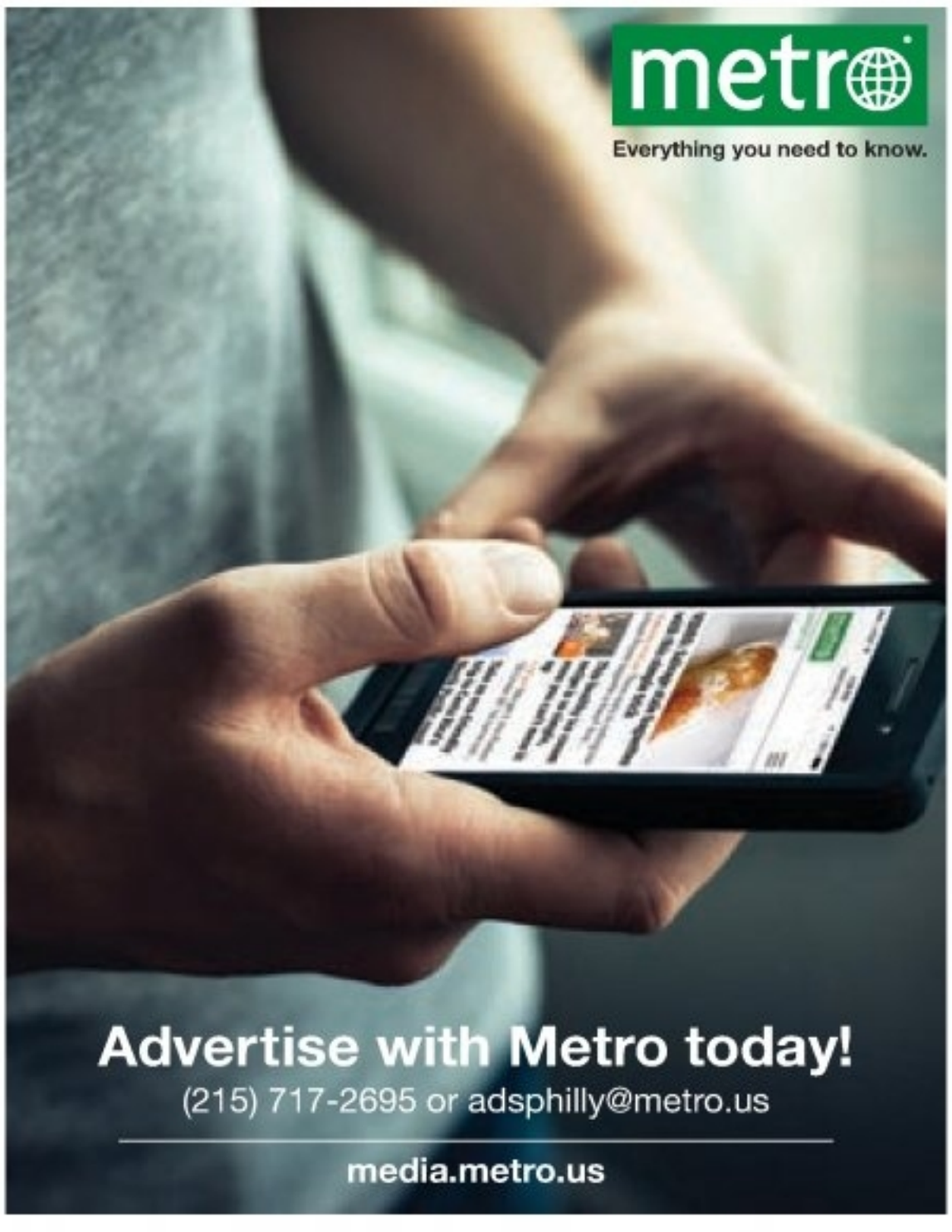

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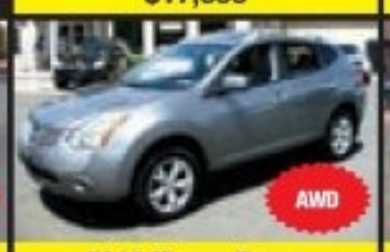
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- Diagnosed with ADHD

All study-related visits, tests, and medication will be provided to participants at no cost. In addition, reimbursement for study-related travel may be provided.

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